

SHUTTLE MENU STS-133

(Stow by Day)

TIM KOPRA, MS-2 (GREEN)

Meal	Days 1*, 7 (EVA) & 13**	Day 2	Days 3 & 9	Days 4 & 10
A	Granola w/ Blueberries (R) Mexican Scrambled Eggs (R) Trail Mix (IM) Clif Bar, Oatmeal Raisin Walnut (NF) Mango-Peach Smoothie (B) Coffee w/ Cream & Sugar (B) <u>EVA Snack (day 7 only)</u> Pineapple Drink (B) Clif Bar, Oatmeal Raisin Walnut (NF) Larabar, Cashew Cookie (NF)	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Mocha Yogurt (T) x2 Cashews (NF) x2 Odwalla Bar, Berries Go Mega (NF) Vanilla Breakfast Drink (B) Coffee w/ Cream & Sugar (B)	Granola Bar (NF)(two on day 3 only) Blueberry Raspberry Yogurt (T) Almonds (NF) Clif Bar, Oatmeal Raisin Walnut (NF) Pineapple Drink (B) Coffee w/ Cream & Sugar (B) x2	Granola w/ Blueberries (R) Trail Mix (IM) Mexican Scrambled Eggs (R) Quaker Bar, Simple Harvest Fruit & Nut (FF) Vanilla Breakfast Drink (B) Coffee w/ Cream & Sugar (B)
B	Tuna Salad Spread (I) Crackers (NF) x2 Chicken Fajitas (I) Tortillas (FF) x2 Southwestern Corn (T) Tropical Fruit Salad (I) Butter Cookies (NF) Lemonade (B)	Tomato Basil Soup (I) Crackers (NF) x2 BBQ Beef Brisket (I) Italian Vegetables (R) Pasta w/ Pesto (I) Strawberries (R) Larabar, Cherry Pie (FF) Vanilla Pudding (I) Green Tea w/ Sugar (B)	Seafood Gumbo (I) Crackers (NF) x2 Lasagna w/ Meat (I) Trail Mix (IM) Citrus Fruit Salad (I) Larabar, Apple Pie (FF) Shortbread Cookies (NF) Apple Cider (B)	Split Pea Soup (I) Crackers (NF) x2 Beef Ravioli (I) Macadamia Nuts (NF) Tropical Fruit Salad (I) Cranapple Dessert (I) Lemonade (B)
C	Shrimp Cocktail (R) Beef Ravioli (I) Tomatoes & Eggplant (I) Pineapple (I) Almonds (NF) Cherry Blueberry Cobbler (I) Tropical Punch (B)	Turkey Tetrazzini (R) x2 Black Beans (I) Cauliflower w/ Cheese (R) Macadamia Nuts (NF) Quaker Bar, Simple Harvest Fruit & Nut (FF) Cranapple Dessert (I) Lemonade (B)	Shrimp Cocktail (R) Fiesta Chicken (I) Brown Rice (I) Tortilla (FF) Creamed Spinach (R) Bread Pudding (I) Lemonade (B)	Chicken Fajitas (I) Tortillas (FF) x2 Black Beans (I) Broccoli au Gratin (R) Strawberries (R) Larabar, Cashew Cookie (NF) Candy Coated Almonds (NF) Tropical Punch (B)

◇ Day 8 will be stowed in the fresh food locker

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (T) - Thermostabilized

Days 5 (EVA) & 11	Days 6 & 12	Day 8 ♦
Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Mocha Yogurt (I) Odwalla Bar, Berries Go Mega (NF) Mango-Peach Smoothie (B) Coffee w/ Cream & Sugar (B) <u>EVA Snack (day 5 only)</u> Orange-Mango Drink (B) Odwalla Bar, Berries Go Mega (NF)x2 Larabar, Cherry Pie (FF)	Granola w/ Blueberries (R) Macadamia Nuts (NF) Oatmeal w/ Brown Sugar (R)(day 12 only) Granola Bar (NF) Clif Bar, Oatmeal Raisin Walnut (NF) Vanilla Breakfast Drink (B)(two on day 6 only) Coffee w/ Cream & Sugar (B)	NO MEAL
Tuna Salad Spread (I) Crackers (NF) x2 Lasagna w/ Meat (I) Italian Vegetables (R) Pineapple (I) Cashews (NF) Butter Cookies (NF) Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Turkey Tetrazzini (R) x2 Tomatoes & Eggplant (I) Brown Rice (I) Tropical Fruit Salad (I) Cherry Blueberry Cobbler (I) Apple Cider (B)	Tomato Basil Soup (FF) Crackers (FF) x2 BBQ Beef Brisket (FF) Italian Vegetables (FF) Pasta w/ Pesto (FF) Strawberries (FF) Larabar, Cherry Pie (FF) Vanilla Pudding (FF) Green Tea w/ Sugar (FF)
BBQ Beef Brisket (I) Tortilla (FF) Baked Beans (I) Cauliflower w/ Cheese (R) Citrus Fruit Salad (I) Trail Mix (IM) Apricot Cobbler (I) Lemonade (B)	Tomato Basil Soup (I) Crackers (NF) x2 Fiesta Chicken (I) Pasta w/ Pesto (I) Tortilla (FF) Larabar, Apple Pie (FF) Candy Coated Almonds (NF) Tropical Punch (B)	NO MEAL